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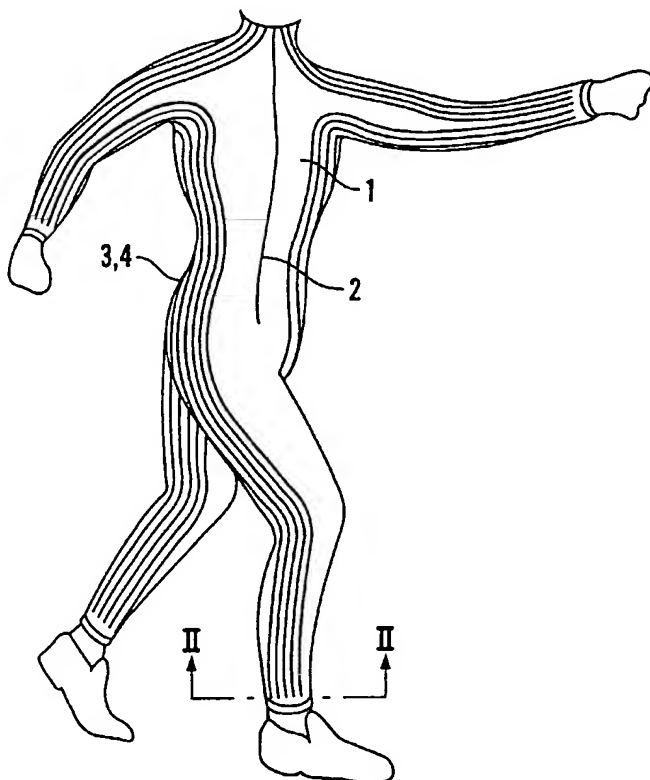
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(54) Title: RESISTANCE EXERCISE CLOTHING



(57) Abstract: A clothing article includes form-fitting, lightweight, clothing material (1) fitted with a series of extension springs which are encapsulated in pockets (3) which are substantially parallel to each other and in close proximity to each other. The springs (4) therefore give the article a built-in resistance so that, when the article is worn for prolonged periods of body movement, the body is required to work significantly harder during that physical movement.



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